

CELEBRATING MOTHERHOOD

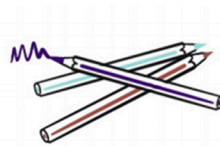
By Sophie Blinstrub

Sophie is an artist, teacher and mother.
Instagram: @my_maternal_journal



Take inspiration from the Brazilian artist **Beatriz Milhazes** to celebrate a special or important moment in your mothering journey. Milhazes' work is full of colour and life, often inspired by carnival and music.

MATERIALS:



EXERCISES

You will need **an image of a special moment** in your mothering journey.

- Take some time to connect with your image. Cut out your favourite part to make a small strip. Stick the strip into your journal.
- Pick some key colours from your image and begin to extend these out from the strip to fill the page.
- Try creating lines and patterns that reflect this important place or moment using paints, pens or whatever you like. Use all the space. If your image has minimal colour, choose colours that feel significant to you.
- Add handwritten words in bright colours or use found words from magazines.

